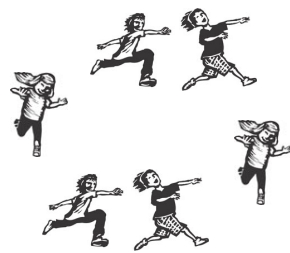


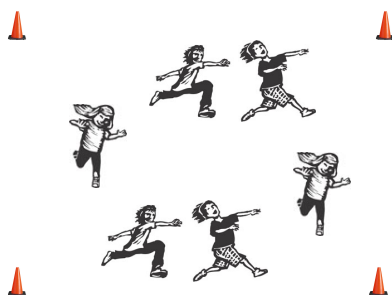


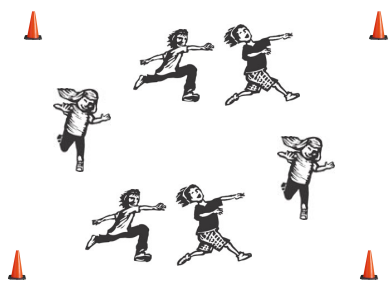
U-6 COACHING EDUCATION

2007

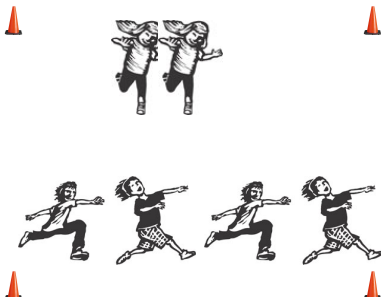
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1. I can do something can you?	<p>The coach begins the activity by saying , I can do something can you? And demonstrating a physical activity such s jumping jacks. The coach demonstrates several other physical activities such as skipping, one legged bounces, star jumps. After several demonstrates ask the kids what can they do and take their suggestions</p>		Coaching Points; <p>Body movement from skipping to balancing on one leg. Important to let the kids explore how the body moves. Have fun</p>
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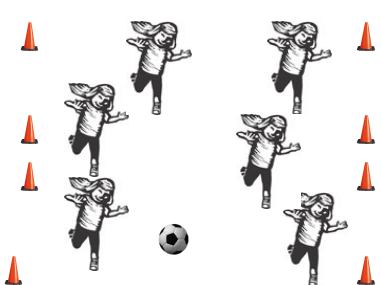
2. Tag	<p>One player Is designated as “it”. His/her job is to tag another player in the square, as soon as that player is tagged they join forces to tag the rest of the players</p>		Coaching Points; <p>Players move about freely within a boundary, move in all directions trying to avoid it. Once they are caught try to work together. Have fun Make the grid size to allow the players to have success</p>
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3. Freeze Tag	<p>One or two players are designated as “it”. His/her job is to tag other players in the square, They try to tag as many players as possible. The frozen players can get back into the game if one of their teammates crawls through their legs</p>		Coaching Points; <p>As previously players move about freely within a boundary, move in all directions trying to avoid it. Once they are caught try to work together. Have fun Make the grid size to allow the players to have success</p>
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4. Blob Game	<p>Two players join hands . They move freely about the grid and tag other players who also join them . They must be in a chain to tag other players , until all other players are tagged.</p> <p>Change the initial taggers and start again</p>		<p>Coaching Points;</p> <p>Payers begin to chase in a direction and work together for a purpose. Coaches and parents can join in</p>
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5. Tag with ball	<p>All players have a ball</p> <p>One player Is designated as “it”. His/her job is to tag another player in the square, as soon as that player is tagged they join forces to tag the rest of the players</p>		<p>Coaching Points;</p> <p>Players move about freely within a boundary, move in all directions The taggers have to have a ball. Once they catch a player , they work together.</p> <p>Have fun</p> <p>Make the grid size to allow the players to have success</p>
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6. 3v3	<p>The activity ends with a 3v3 game</p>		<p>Coaching Points;</p> <p>Free play</p>
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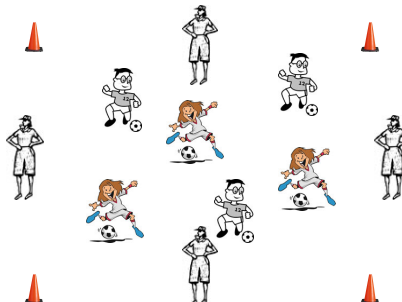
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1. Ball Master	The players dribble to the coach and hand him/her the ball. The coach tosses away the ball and the players retrieve it and dribble it back to the coach. The coach can give the players a different dribbling challenge to the players when he/she tosses out the ball		Coaching Points; Listening skills Problem solving Dynamic dribbling
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2. Shadow Dribble	The coach dribbles a ball him/herself and all players follow while dribbling their ball. The coach does both dribbling and goofy moves for the kids to mimic. Include here not only dribbling moves but tumbling, balance and rhythmic exercises		Coaching Points; Dribbling and movement enhancement. Decision making. Having Fun
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3. Knee Tag	The kids dribble and try to tag others on the knee for a point for each tag		Coaching Points; Physical fitness Dribbling and Shielding skills Vision Having fun
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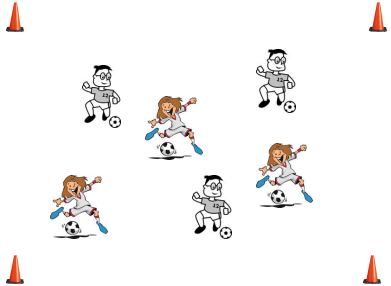
4. Arms up	All players have a ball. Have 4 parents or coaches stand on the outside of the grid. Instruct the players to dribble to a outside parent if they have their arms up. Instruct the outside parent to drop their arms when a player gets too close and direct another parent to raise their arms		Coaching Points; Dribbling with head up Changing direction Keeping the ball at legs length
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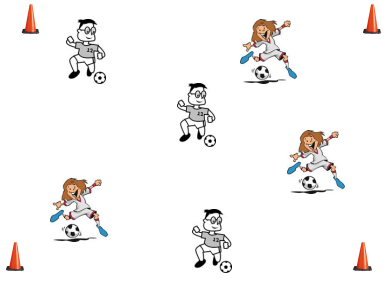
5. Balls Galore	Play on a normal U6 field with goals. Playing 3v3 with the exception of playing with more than one ball. The coach can add in more balls as he/she feels fit. Gradually take out balls until there is only one left		Coaching Points; All techniques for the age group occur Vision Some teamwork Lots of 1v1 Problem Solving
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6. 3v3 , 2 goals, 1 ball, no goalkeepers	Play 3v3		Coaching Points; Stay out of their way and let them play
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1. Retrieve	<p>The coach begins with all the balls . He throws the balls in different directions for each player to bring back to the coach as quickly as they can. First the children must bring them back by using their hands in some fashion; such as , rolling the ball with their hands or bouncing the ball with their hands. After the children get the idea that they are to bring the ball back to the coach then the coach has them using their feet</p>		<p>Coaching Points;</p> <p>The purpose of the activity is to encourage the children to move towards a target, first by using their hands and then their feet</p>
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2. Body Part Dribble	<p>In an area the size of the center circle, the children dribble while avoiding each other. When the coach calls out a body art , such as elbow, knee, nose etc, the children stop the ball using that body part</p>		<p>Coaching Points;</p> <p>Children keep the ball close so they can stop the ball quickly</p>
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3. Hospital Tag	<p>Use space appropriate for the number of players. The players dribble around and try to tag other players while controlling their ball. When tagged, a player must hold that body part. After a player is tagged for the third time, they must go to the hospital to get well. At the hospital they must perform 4 ball touches to get well before they can go back into the game</p>		<p>Coaching Points;</p> <p>The players learn to keep the ball close to be able to move quickly and avoid being tagged.</p> <p>Players will learn to look around and change direction</p>
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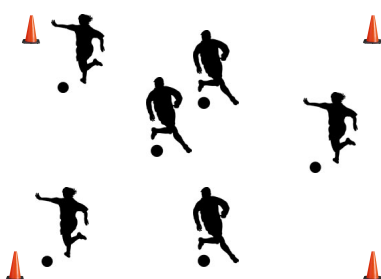
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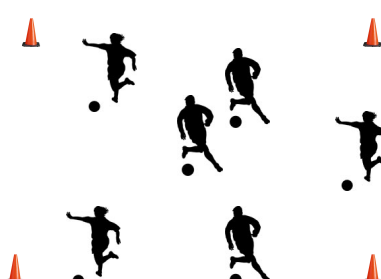
4. Gates Dribble	Cones or discs are placed as gates all over the playing area. Players try to dribble through as many gates as possible in a specified period of time. The players keep track of how many gates and try to get through more the next time		Coaching Points; The players learn to control the ball while running with speed and turning quickly
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5. Gates dribble , 1v1	As above , but pair up players and let them play 1v1 to the goal, trying to score on as many goals as possible in an allotted time. Have the players keep score. Change up player versus player assignments		Coaching Points; The players learn to avoid other players while keeping the ball. They also learn to keep the ball close and with 1v1 challenges solve many problems
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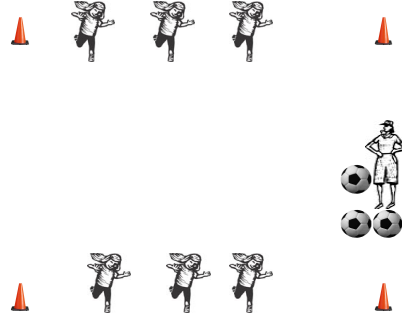
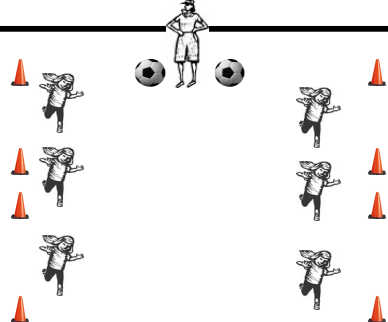
6. 3v3 to end line	The activity ends with a 3v3 game. No goals, players must play to cross over the far end line		Coaching Points; Free play while dribbling
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1. Free movement with the ball at their feet	Every player has a ball and dribbles around with ball at their feet		Coaching Points; Movement education, repetition in ball touches eye foot coordination, change of speed and direction, decision making
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2. Goofy Stop and Go	All players dribble their ball in a grid. When coach says stop, players must stop their ball and freeze in goofy position		Coaching Points; Movement education, repetition in ball touches eye foot coordination, change of speed and direction, decision making
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3. Body Part Dribbling	All players dribble about. When the coach yells out a body part the players must stop the ball with that body part		Coaching Points; Physical fitness Dribbling and Shielding skills Vision Having fun
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4. Sharks and Minnows	The minnows, the players with the ball are at one end line. The sharks are placed towards the other end line. The minnows have to dribble their ball across the grid to the safe area. If the shark takes away the ball, the minnow become a shark		Coaching Points; Dribbling with head up Changing direction Keeping the ball at legs length
5. End Line Soccer	Divide the players into teams. The coach will play a ball in from the sideline, the players will try to reach an end line , by dribbling or kicking the ball over. Balls are served in one at a time by the coach		Coaching Points; All techniques for the age group occur Vision Some teamwork Lots of 1v1 Problem Solving
6. 3v3 Soccer Match	Play 3v3. Coach will serve balls in from the side		Coaching Points; Fun, functional play, dribbling under pressure, kicking, receiving, decision making, change of speed and direction